

## MAY SENIOR CORNER

Marsha Petrillo, Director - 508-278-8622 Robin Heron, Nutrition Site Manager - 508-278-7609 Joe Rondeau, Transportation Coordinator - 508 - 278-8622 Mary Rice, Outreach Coordinator - 508-278-8638

The mission of the Uxbridge Council on Aging Board and the Director of the Senior Center is to identify the needs of the elderly population, to educate the community and to promote or implement services to fill such needs; to coordinate services and to be a resource for seniors, families and the Community.

Message from Marsha Petrillo, Director~ This month we are pleased to invite area citizens to join us in welcoming Senator Richard T. Moore on Wednesday, May 3rd at 11:30 a.m. for a special flag presentation and talk about the MassHealth Buy-In Program. The Senator will present a new U.S. flag, to grace the skies above our Center, just in time for Memorial Day. He will also give an overview of the MassHealth Buy-In Program and answer your personal questions. If you reside at Crown and Eagle, Calumet or Centennial Courts you may already be eligible to receive an adjustment to your Social Security check so that your Medicare Part B premium is no longer deducted. This means that you could save \$88.50 per month or approximately \$1,062.00 per year. Don't miss this special luncheon and flag presentation with Senator Moore on May 3rd. Please call the Center at 508-278-8622 if you need transportation or Robin, Tri Valley Nutrition Site Manager, at 508-278-7609 to make your luncheon reservation today. We look forward to seeing you!

## GOLF TOURNAMENT - June 2, 2006

The Uxbridge Elderly Connection, Inc., will help sponsor a special Senior Center Golf Tournament on Friday, June 2, beginning at 12:30 PM at Crystal Lake Golf Club. All proceeds will be used to help renovate the Senior Center

Kitchen. Don't Golf? Join us for dinner instead. Buffet dinner includes pork, chicken and beef for \$25 per person. Special door prizes, raffle baskets, and a silent auction featuring signed sports memorabilia. Contact the Center at 508-278-8622 or Russ Rosborough @ 234-6672, Pete Petrillo @ 278-5106 or Peter DiBattista @ 234-2000 for your entry form. Make checks payable to The Uxbridge Elderly Connection, Inc. Deadline: May 3rd.

## COMPUTER CORNER

Computer classes will begin on Thursday, May 4th from 3:00 to 4:00 pm and run for six weeks through Thursday June 8th. We will offer a little bit of everything, including: email, internet, word & introductory excel. First come first served. Please call Marsha at 508-278-8622. All classes are free of charge to Uxbridge residents age 60+. Your donations, to help defray the costs of paper, ink, and computer upgrades, are gratefully accepted.

## GROCERY SHOPPING:

Attention Uxbridge Seniors: Do you need transportation to the grocery store? Did you know that we travel to Hannaford Market every Tuesday and Wednesday morning? Please contact our Transportation Coordinator, Joe Rondeau, @ 508-278-8622 to make your reservation on the van. Pickup begins at 8:30 am.

## MAY - UPCOMING EVENTS

Pitch Party Every Monday Night: MAY 1st, 8th, 15th, 22nd . NO PITCH on Mon., May 29th - Center Closed in observance of Memorial Day. Pitch begins @

6:30 PM ~ \$2 donation. We are always looking for new participants. We have a big comfortable Center. Just right for playing cards together. Stop by and check us out. We offer 1st, 2nd, 3rd prizes, Door Prizes, and fun, fun, fun! Coffee and complimentary refreshments served each week.

PLAY CARDS every Tuesday Afternoon from 1:30 - 4:00 PM: Come & join us for an afternoon of card playing every Tuesday at the Uxbridge Senior Center. Contact Marsha Petrillo, Director @ 508-278-8622 for more information about this new card group. All are welcome!

Candidates' Forum Sunday, May 7th

The Uxbridge Natives and Newcomers Committee (UNNC) will host a Candidates Night on Sunday, May 7th beginning at 6:00 pm at the Senior Center. Please join us and bring your important questions for the candidates. All are welcome and encouraged to participate in this important forum and to vote for

your candidates at the polls on May 23rd. Call Bonnie at 278-5421 or Marsha Petrillo, Director of the Senior Center, at 508-278-8622 for more information.

The UNNC meets on Sunday, May 14, and Sunday, May 21st at the Senior Center from 6:00 pm to 10:00 pm. All are welcome. Call Bonnie at 278-5421 for more information about this fun group.

Mon., May 1st:        8:30 AM Podiatry Clinic with Dr. Biancanamo  
                             10:00 AM - Mary Rice to speak at Calumet Court regarding  
                             Medicare Pt. D

11:30 AM Special luncheon featuring our very own Helen Cunnally on piano. Call Robin @ 508-278-7609 to make your reservations 24 hours in advance. Thanks!

Tues., May 2nd :     5:00 PM : COA Board Meeting @ Sr. Center.

7:00 pm ~ Mental Health Support Group meeting at the Senior Center, 36 SouthMain Street. Please call Connie at 278-9833 if you have any questions or need more information about this important support group. All are welcome.

Weds., May 3rd:     9:00 AM - Interagency Meeting @ Uxbridge Police Dept.

6:00 PM - The Uxbridge Elderly Connection Annual Meeting @ the Senior Center.

Thurs., May 4th:     S.H.I.N.E. (Serving Health Insurance Needs of Elders) from 9:30 Am to 11:30 AM. REMINDER: If your monthly income before taxes and deductions is below \$1,123.00 for individuals or \$1,505.00 for couples and your assets are at or below \$4,000 for individuals and \$6,000 for couples then you may want to consider applying for the MassHealth Buy-In. Call 508-278-8622 or 508-278-8638 if you think you are eligible for the MassHealth Buy-In and we will be happy to assist you.

8:30 AM WALMART Shopping today! You must call us @ 508-278-8622 each month to reserve your seat. Sorry, we cannot save seats!

3:00 PM - Computer Classes begin- call 508-278-8622 to register!

Sat., May 6th: 9:00 AM - Alzheimer's: Sharing the Journey @: Whitney Place Assisted Living & Adult Day Health - 65 Beaumont Drive, Northbridge. A panel discussion with early-stage Alzheimer's patients and their care partners facilitated by renowned Alzheimer's specialist, Joanne Koenig-Coste. RSVP: Required. Call Donna Scherer @: 508-234-4769 ext. 3025

Tues., May 9th: 7:00 PM - Annual Town Meeting - High School. Don't forget to attend the annual town meeting and exercise your right to vote on the warrant articles! Your voice/vote counts! Call the Sr. Center @ 508-278-8622 if you need transportation.

Weds., May 10th & 24th: 1:30 PM - Senior Club Meets - All are welcome to join our Senior Club. \$10 yearly dues, Bingo, special outings, and more.

Thurs., May 11th: 11:30 AM: Mother's Day Luncheon with our very own Morgan McCarthy. You may remember Morgan from last year. Morgan is an exuberant elementary student with a strong singing voice. She will sing some of her favorites, including tunes from the Broadway musical hit: Annie. Call 508-278-8622 to reserve your lunch.

12:15 PM - 1:15 PM The VNA of the greater Milford - Northbridge area, in cooperation with the Uxbridge Board of Health will sponsor health screening including vital signs and blood pressures at the Senior Center. First Come, First Served. Join us for lunch today and attend this important

free screening directly following Morgan McCarthy's singing performance.

3:00 PM - 4:00 PM Computer Classes - Call 508-278-8622 to reserve your spot.

Fri, May 12th: Spring Shopping trip to Emerald Square Mall. Van leaves at 10:00 am and will return after lunch at 3:00 pm. First come, first served. Call or stop by the Center to reserve your seat. 508-278-8622.

Mon., May 15th: 10:00 am - 11:30 am: Fallon Representative, Jackie A. St. Germain will be on board to answer your health insurance questions. First Come First Served.

Thurs., May 18th: The Uxbridge Taxpayer's Association will host a candidates night at the Senior Center beginning at 7:00 PM. Don't miss your opportunity to meet the candidates and ask questions. All are invited to attend and participate. Don't forget to vote on May 23rd. If you need a ride to the polls, please call Marsha at the Sr. Center @ 508-278-8622 and we will gladly assist you.

Sat., May 20th: SERVE New England: Distribution begins @ 10:00 AM Call 1-888-742-7363 or go online to [www.serve-newengland.org](http://www.serve-newengland.org) and learn how you can save up to 50% and more on high-quality, fresh foods.

Sat., May 20th: 5PM - 7PM Ham and Bean Supper @ the Senior Center sponsored by the Uxbridge Elderly Connection. Tickets are \$6 adults and \$3 for children and can be purchased at the door. Join us for this fun event and help support your Senior Center. Call the Center at 508-278-8622 for more information and to reserve your tickets today.

Mon. May 22nd: 2:00 pm - FREE Support Program - Coping with change is never easy. Join us on the 4th Monday of every month and share your coping skills with us. Nicole Rosa is a licensed

counselor from Wayside Youth and Family Support Network, Inc. This program is sponsored by the Healthy Aging Program. For more information please contact 508-478-6888 x 232 or Marsha Petrillo, director at 508-278-8622. Coffee and complimentary refreshments served. Open to the public and all ages are welcome.

Tues., May 23rd: Town election day. Don't forget to vote. Call the Center @ 508-278-8622 if you need a ride to the polls and we will gladly pick you up. It is important to exercise your right to vote!

Thurs., May 25th: 3:00 - 4:00 PM - Computer Classes

Mon., May 29th: CENTER CLOSED in observance of Memorial Day. No meals served. No meals on wheels delivered.

REMINDER: We provide transportation to and from medical appointments. Call ahead, as soon as you book your next appointment, to schedule a ride. It is never too early to book an appointment. If you are willing, we will gladly reschedule your appointment if there is a conflict.

MAY MENU - We invite you to come and join us for lunch beginning at 12 noon daily. Please call Robin @ 508-278-7609 by 12:00 noon at least one day ahead so we can reserve a meal for you. \$2 Donation per meal - \$3.50 ages 59 and under. Bring a friend!

May 1st:	BBQ Chicken
May 2nd:	Fish Tenders
May 3rd:	Beef Stew
May 4th:	Roasted Chicken and minestrone soup
May 5th:	Italian Casserole
May 8th:	Swedish Meatballs
May 9th:	Ham and beans
May 10th:	Baked fish w/tartar sauce
May 11th:	Mother's Day Luncheon - Brunswick Chicken
May 12th:	Beef Stroganoff
May 15th:	Chicken Salad and vegetable beef soup

May 16th: Beef and potato casserole  
May 17th: Spaghetti and meatballs  
May 18th: Chicken Francese  
May 19th: Seafood Newburg  
May 22nd: Pork Supreme w/mushroom sauce  
May 23rd: Honey baked chicken  
May 24th: Fish Victor  
May 25th: Shepherd's pie  
May 26th: Italian sausage w/onions and peppers  
May 29th: Center Closed - no meals served  
May 30th: Meatloaf w/gravy  
May 31st: Roast turkey with gravy

The menu includes milk and margarine. Menus are subject to change.  
Reservations must be made 24 hours in advance. Call 508-278-7609